

# My Worth Book

[#self worth](#) [#personal value](#) [#discover your worth](#) [#build self esteem](#) [#overcome self doubt](#)

My Worth Book is your essential guide to understanding and embracing your true value. Dive into powerful insights and practical strategies designed to help you build unshakeable self-esteem, overcome persistent self-doubt, and fully recognize the incredible worth you possess. Begin your transformative journey towards self-acceptance and an empowered life today.

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## Know Your Worth

THE INSTANT SUNDAY TIMES BESTSELLER 'Anna's wise, uplifting and refreshingly honest words are what every woman needs to read right now' Fearné Cotton Your worth never changed. Your awareness of it did. A strong understanding of self-worth is crucial to living an authentic and fulfilling life, yet so many of us have lost that sense of who we truly are and what we are worthy of. On the surface, this may look like low confidence, imposter syndrome, chronic busy-ness, exhaustion, overwhelm, fear or anxiety, but at the core, it's low self-worth. In her second book, Sunday Times bestselling author and psychotherapist Anna Mathur will set you on a journey towards greater self-worth. Anna will use her personal and professional insight to guide you to a place of balance that will allow you to recognise and appreciate your self-worth, build your self-esteem, grow in confidence and worry less about what other people think. Using Anna's own experience of embarking on this journey herself, and spending ten years facilitating her therapy clients to do the same, Know Your Worth will help you to understand why you feel the way you do, what perpetuates it and what the cost of low self-esteem has been for you. It will provide the coping mechanisms, habits and tips that will redirect your self-esteem on a healthy and fulfilling upward spiral and help you to escape the relentless desire to 'be better' and 'do more' with the realisation that perhaps you were actually far more acceptable than you first thought.

## The Self-Worth Safari

In a world obsessed with building self-esteem, our sense of well-being hinges on performance, the whims of good luck and positive outcomes. But when we don't measure up to our own tough standards, things don't go our way or life falls apart, we are called to access a deeper source of resilience, that of self-worth.

## My Worth Crowned You

My Worth Crowned You is a novel that locates the new black middle-class individual in his or her 'belonging' in 2021's society. It is written in first person and follows the journey of Kearabetswe Mohale,

the narrator. She is an ordinary young woman who was born and raised in the fictional Tholoana Kingdom. It is a Kingdom or Country that is rich with culture and is under the rule of King Mohato Mohale. Kearabetswe is educated outside of Tholoana Kingdom and obtains a Master's degree in journalism. After having been educated under the western education system, she has come back home to the Tholoana Kingdom and forcefully marries King Mohato Mohale. Her marriage is all kinds of challenges because of the unavoidable clash that continuously happens between modernity and cultural beliefs. The book addresses issues of infertility and the impact it has on marriage in the cultural context. It conventionally and unconventionally discusses love, its challenges, its values, and its power. It addresses divorce, the impact of colourism in young black children, step-parenting, to name a few. One of the most powerful reviews the novel has received is that it is highly relatable and that is what makes it readable. According to this review, you can imagine the characters being you or someone that you know, or someone very close to you.

### The Self-Love Workbook

Activities, prompts, and helpful advice collected to help you better experience the life-changing magic of self-love. You need love from yourself as much as from others. When you have low self-esteem, low confidence or even self-hatred, it's impossible to live life to the fullest. It's time to build your self-love and transform your attitude, emotions and overall outlook on life! This helpful workbook allows you to become aware of your own unique needs and goals while discovering how to better accept and love your true self. It includes a variety of constructive and actionable tips, tricks and exercises, including:

- Interactive Activities explore a variety of fun and creative ways to love yourself
- Reflection Prompts unpack your experiences and connect them to new lessons
- Helpful Advice deepen your understanding of self-love and utilize it in the real world

Self-love allows you not only to see your true self, but also to truly accept who you are wholeheartedly. With this acceptance comes the freedom and confidence to live your life to its fullest. It's time to conquer self-doubt and self-sabotage. It's time to love yourself!

### Trail of Worth

As a new year approaches, a twenty-four-year-old woman leaves her unfulfilling life in England to pursue her goal of moving to Vancouver Island, Canada. Upon arrival, she encounters the challenges of adjusting to her new environment, advancing her career, and navigating an unstable relationship. Faced with unexpected struggles, she finds herself on a journey to discover and develop her sense of worth in a foreign country. An honest portrayal of moving overseas and a candid look at the complexity of human relationships, Trail of Worth explores the intertwining elements that influence how we perceive ourselves during the quarter-life period.

### You Are Worth It

Do you sometimes reduce the price of your treatments in your head because you feel your patients cannot afford them? Does talking of money in your surgery make you feel uncomfortable? Are you worried about quoting a price due to the fear you might get a negative response from your patient? Do you feel your services are worth more than you get paid for them? If you have answered yes to any of these questions, then I promise you will enjoy reading this book. This book reveals information on exactly how to deal with this problem. As far as I am aware, the contents are not taught at any dentistry school. While certain elements of pricing may have been touched on by dental coaches, they'll have barely scratched the surface of what I do in this book. I'll be looking at this complex issue in depth, delving into the psychology of what you do in those awkward situations and even why you do it! I will alter your thought process, your beliefs, and most significantly, your behavioural pattern. You will never improve your results until you change your entire approach. This book will enable you to smash through all the restrictions that you've placed upon yourself when it comes to the fees that you charge your patients. I guarantee that once you've broken your own barriers down, the methods described in this book will provide you with the confidence necessary to deal with every pricing issue which arises. After all, you are worth it.

### I'm Worth More

Anyone can look successful with the right watch on their wrist or car parked in the driveway - but what is real success and how much are you really worth? In this fascinating, liberating book bestselling author Rob Moore takes you back to basics and examines how to realize your real value - your self-esteem, your ambitions, your reputation and your income. No longer will you doubt yourself, make

self-defeating comparisons or make assumptions about how others see you - instead you will maximize your opportunities and love yourself for who you really are. Rob will show you that no matter what you think you're worth, you're worth more.

### My Worth Book

Welcome to MY WORTH BOOK. Often, we count ourselves unworthy of certain blessings. Blessings that God has already stored up for us. This train of thought comes from not KNOWING OUR WORTH. We must embrace our worth to our King, Our Father God, and then embrace our worth within ourselves. The pages of this book are meant to affirm, inspire and encourage Queenly Thinking. You Are the Queen. You are Virtuous and Amazing! It is the way He made you. Let it be known that you are a chosen woman, a Royal Priesthood, part of a Holy Nation, God's special possession, that you may declare the praises of him who called you out of the darkness into his wonderful light. (1 Peter 2:9) Wear your Crown Queen! You are worth it!

### Know Your Worth Goddess

Are you sick of your self-worth story holding you back? Do you have dreams of living a confident, empowered and Divine life but you hear - I am not good enough, I am not worthy, I don't have the confidence, People will judge me., What about my past, I will never be able to move on, I am not lovable. KNOW YOUR WORTH GODDESS is a book for all women who are ready to awaken their confidence, worth, and truth. For women who are ready to reclaim their self-worth and rise. For women who are ready to feel good about themselves again and allow that magic to flow through them out into the world. Through the stories shared in this book you will learn how to: Reclaim your power. Feel worthy of all that life has to offer you. Transmute your trauma into wisdom. Shift through fear. Unravel the stories that are holding you back. The book is a collection of wisdom infused stories written by incredible women from around the world, each sharing how they have reclaimed their self-worth, so you can too! Begin your journey today of reclaiming your self-worth and living a happy and confident life. You will also benefit from over \$2000 worth of book bonuses (See inside book for details)

### Knowing Your Worth

By USA Today Bestselling Author, Lexy Timms. Love like you're never counting the cost. Bethany Walker wakes up in the hospital with a head injury and no memory of her attacker or how she got there. Worse, she learns her father is back in jail and her family is headed for a crisis. Now, an even bigger threat looms as an unseen enemy stalks her from the shadows, ready to take her down with her father. The only person she can lean on is her boyfriend, Kirk Sterling, the man her family blames for all their problems. After billionaire Kirk Sterling finds an unconscious Bethany, he vows to make his enemies pay for going after her. With his powerful parents now locked up in jail and his financial empire crumbling around him, fighting back won't be easy. A new danger threatens to destroy everything he holds dear, including his Bethany. Will their relationship be enough to help them survive, or will they pay with their lives? Billionaire Banker Series: Book 1 – Banking on Him Book 2 – Price of Passion Book 3 – Investing in Love Book 4 – Knowing Your Worth Book 5 – Treasured Forever Search Terms: contemporary romance, new adult, romance, hot doctors, famous actor, true love, billionaire obsession, contemporary romance and sex, romance billionaire series, free kindle romance, melody anne billionaire bachelors series, billionaire romance, true love, coming of age, overcoming, women's fiction, drugs, fake girlfriend, billionaire, Alpha male romance, Alpha Bad Boy, bad boy, hot romance, hot and steamy, happily ever after, billionaire romance, billionaire romance, new, bbw, b, search words, love, new adult romance, romance love triangle, romance love, sweet love story, billionaire romance, famous actor, hot doctors, love and life, cancer, fiction, big beautiful women

### Worth It

Worth It shows women how to view money as a source of personal power and freedom and live life on their terms.

### Know Your Worth

The secret behind the success of most of the people is not what they do, but how they do it! This book discusses the life-changing concepts through storytelling. You would find yourself closely connected to these stories. They will encourage you to explore your own potential to inspire you, and to achieve

your real worth. This book will also help you to understand the traits that keep you from achieving your dreams. The book lays down a process to help you emerge from the clutches of negativity and develop a positive approach towards life. By investing time in yourself, acknowledging your potential, setting a worthy goal, avoiding common traps, surviving bad days and harvesting the power of thoughts, you can be successful. Read this interesting book to Know Your Worth. CONTENTS: 1. Acknowledge Your Superpowers 2. Invest in Yourself 3. Take Charge 4. Set a Worthy Goal 5. Identify Your Worst Enemy 6. Turn Your Fear into an Opportunity 7. Avoid the Common Traps 8. Harvest the Power of Thoughts 9. Watch Your Attitude 10. Keep Your Communication Clear 11. Be Mindful 12. Surviving Bad Days 13. Nurture Your Ecosystem 14. Stay Successful

### Designing Data-Intensive Applications

Data is at the center of many challenges in system design today. Difficult issues need to be figured out, such as scalability, consistency, reliability, efficiency, and maintainability. In addition, we have an overwhelming variety of tools, including relational databases, NoSQL datastores, stream or batch processors, and message brokers. What are the right choices for your application? How do you make sense of all these buzzwords? In this practical and comprehensive guide, author Martin Kleppmann helps you navigate this diverse landscape by examining the pros and cons of various technologies for processing and storing data. Software keeps changing, but the fundamental principles remain the same. With this book, software engineers and architects will learn how to apply those ideas in practice, and how to make full use of data in modern applications. Peer under the hood of the systems you already use, and learn how to use and operate them more effectively Make informed decisions by identifying the strengths and weaknesses of different tools Navigate the trade-offs around consistency, scalability, fault tolerance, and complexity Understand the distributed systems research upon which modern databases are built Peek behind the scenes of major online services, and learn from their architectures

### Crowned Worthy

Progress is Strength Ajay often wondered where Tulo would be without the invention of SkipSleep. Back when people used to sleep more, progress was so much slower. Then after SkipSleep, Tulo just flew. Ajay Ambers is the perfect Tulo citizen. With a climbing merit score, a prestigious and productive job, and a host of merit-making friends, he is within reaching distance of the Glorified Quarters, home to the most Worthy in Tulo. With a Glorified-born girlfriend at his side and a natural talent for technology, Ajay settles into a life of success and ambition, without the fear of becoming Unworthy. What Ajay's friends and the world don't know, though, is just how far his tech talent has taken him. They don't know just how close to Unworthy he once was ... and still is.

### Work Worth Doing

Customers want more than a mere exchange of money for services: they want to buy from businesses they connect with. For this to happen, your work needs to be deeply aligned with both your values and theirs. It's time to find that sweet spot between your true purpose, your customers' needs, and your place in the world.

### Worthy

When we feel that we aren't enough, or that we aren't good enough, we also fear that we'll never have enough. Money. We love it. We hate it. If we don't have enough, we're struggling to get more. If we do have it, we're fighting to hold on to it. Why does money have to be such a source of anxiety? Is it possible to find peace? Yes! According to master integrative coach Nancy Levin, the real key to creating financial freedom isn't changing what we do, it's changing our limiting beliefs about how we feel—and that requires more than just learning how to invest. In Worthy, Nancy makes an essential, eye-opening connection: the state of our net worth is a direct reflection of our self-worth. Then she shows us how to get to the root of the problem and do the internal work that's needed to replace feelings of unworthiness with a solid sense of our own value. Filled with inspiring real-life stories and thought-provoking questions and answers, her 10-step plan helps us to: • Get real about the money issues we face every day • Examine the excuses we use to avoid creating the life we really want • Be willing to see ourselves as worthy of abundance in all its forms • Take back our financial power—and watch amazing things start to happen Whether we're looking for financial ease or a new relationship

with money and ourselves, Worthy will give us the tools to clear the path for wholeness, fulfillment, and richness in all areas of our lives, not just in our bank accounts.

### Learning to Love Yourself

Presents advice on overcoming a dysfunctional family or adverse life circumstances and shares a series of simple techniques to increase feelings of self worth and acquire a more positive and healthier perspective on life.

### Know Your Worth

If you've ever felt like you weren't good enough, smart enough, pretty enough, thin enough, strong enough, worthy enough or doing enough, this book is for you! If you knew what you were worth, would you settle for anything less? It's not uncommon to feel inadequate, whether it's issues surrounding your career, relationships, or finances. You will discover gems to apply in your own life as the author takes you through her journey of how she was able to overcome the unthinkable by realizing her worth wasn't tied into things or people but to God. In this book, Jessica will show you how to: -Stop settling for relationships that do nothing but cause you pain. -Find the tools you need to be successful in life. -Realize you are beautiful just the way you are. -Refuse to settle for anything less than what God's best is for your life. Recognize that no matter what your past looks like, it doesn't have to be your future.

### The Book of Knowing and Worth

The third in Paul Selig's popular "I Am the Word" channeled literature series, this extraordinary psychological-spiritual guide addresses how to overcome low self-worth and claim our true purpose as individuals. Winner of the 2014 Nautilus Award represents "Better Books for a Better World"—the Silver Award in the category of Religion /Spirituality: Other Traditions. In his third channeled text, Paul Selig—acclaimed author of I Am the Word and The Book of Love and Creation—brings us his most practical message yet. Informing us that "you decide what you are worth," Selig's spiritual guides take readers through a program to understand our own inherent worth, and beat the fears that drain our inborn spiritual knowing.. Selig reveals that true understanding of our life's purpose can be found through "service"—the practice of the thing that you most love. Readers can discover their own form of service through this powerful mantra: "I know who I am, I know what I am, I know how I serve."

### Worth

The memoir of an African-Asian woman adopted into a Punjabi, Sikh family, and her story of overcoming racism, sexism, health problems and escaping Uganda after the expelling of Asians from the country in 1972. A powerful memoir of overcoming adversity that will inspire you to find strength from within and shape your own destiny. Bharti Dhir faced many challenges in her childhood that could have broken her. As a baby, she was abandoned at a roadside in the Ugandan heat, and miraculously found by a passerby. By divine guidance, Bharti's adoptive mother was led to her hospital cot and welcomed Bharti into their Punjabi-Sikh family. Despite experiencing sexism and racism as an Asian-African girl, and developing an incurable skin condition, Bharti found hope through the fear and prejudice. Then, in 1972 when Idi Amin expelled Asians from Uganda, Bharti's family were forced to flee to the UK. She remembers the horrific moment when her adoptive mother was ordered, at gunpoint, to abandon Bharti because of the color of her skin. With incredible courage, she refused, risking their lives to protect Bharti as her own. Throughout her struggles, Bharti retained faith in a divine power within all of us that gives us strength, protects us and loves us unconditionally. Years later, now a social worker specializing in child protection, Bharti lives in the UK with an adopted daughter of her own and has found her true purpose and sense of self-worth.

### All Your Worth

The bestselling mother/daughter coauthors of "The Two-Income Trap" now pen an essential guide to the five simple keys to lasting financial peace.

## All Your Worth

A guide to achieving financial stability and prosperity encourages new ways to think about and manage money, discussing such topics as balancing a budget, planning for entertainment, and getting out of debt.

## Her True Worth

Brittany Maher and Cassandra Speer, leaders of the social media sensation and ministry Her True Worth, deliver a powerful call to women to break free from the bondage of false identities and discover their true worth in Jesus Christ. After years of working in the beauty industry, Brittany Maher and Cassandra Speer became disheartened by the false, contradictory messages about what defines a woman's worth. They saw women who were lost and wandering, endlessly seeking security and approval. So Maher and Speer made it their mission to help Christian women uncover their valuable identity in Jesus Christ. In Her True Worth, Maher and Speer reveal what God intended our identity to be in the beginning, how sin corrupted it, how Christ has redeemed it, and how to live securely in that identity. They remind us that, ultimately, our true worth is found in Him--and that's a life-altering, soul-anchoring truth to live in and live from. As you uncover your true worth, you'll also learn how to: Identify the false messages that are stealing your self-worth Embrace what the Word of God says about who you are Find your security and significance in Christ alone Let Her True Worth be your guide as you discover the woman you were meant to be. Praise for Her True Worth: "In a world that teaches us to measure our worth by our social media followings, achievements, and striving, Her True Worth gently turns us back to where our identity truly lies: in Jesus. Brittany and Cassandra empower women to remember the source of all hope and encourage us to lay down our idols in exchange for true peace in him." --Danielle Coke, illustrator, activist, and founder of Oh Happy Dani

## Knowing Your Value

From the rising star of MSNBC's "Morning Joe" and "New York Times"-bestselling author of "All Things at Once" comes a timely and powerful look at women's value in the workplace.

## The Gift of Self Love

Build self-esteem and discover true self-love with this inspiring and interactive self-love workbook. Crafted for women of all ages, this interactive and heartfelt guide features exercises that empower you to rewrite limiting beliefs, embrace positive self-talk, and nurture genuine self-worth. Unleash your confidence, foster self-acceptance, and embark on a journey of inner strength and empowerment with this comprehensive workbook. The Gift of Self-Love includes: • A self-esteem and self-confidence quiz to assess how you feel about yourself today and identify areas to give yourself more compassion and love • Writing exercises to help you get in touch with your feelings, rewrite limiting beliefs, and stop pressuring yourself to meet other people's expectations • A positive self-talk guide to help you reframe your thoughts and silence the negative voice in your head • Recommendations for loving your body and embracing healthy living at any size • Stories, research, and meaningful advice to help you build self-worth The Gift of Self-Love workbook is your path to enhanced self-esteem and genuine self-love. Don't miss this opportunity to boost confidence, rewrite limiting beliefs, and embrace a positive mindset. Get your hands on the best self-esteem workbook for women and embark on a life-changing journey today!

## Mind Over Mother

THE SUNDAY TIMES BESTSELLER 'With conversations on Maternal Mental Health on the rise, and more women speaking up about the way they feel, Anna Mathur's insight as a psychotherapist AND mother make her someone you feel you can trust. She offers little nuggets of gold while reminding us to point some of our kindness and love inwards.' Giovanna Fletcher, bestselling author of Happy Mum, Happy Baby 'Anna is breath of fresh air - relatable, funny and wise' Sarah Turner, bestselling author of The Unmumsy Mum Baby-proof the house; panic-proof the mum. Do you overthink what you said to the mum in the supermarket queue? Is your internal dialogue more critical than kind? Perhaps you wake to check your baby is breathing, or the sight of a rash sends you down an internet search rabbit hole. Whatever your level of anxiety, however much it impacts your life, this book is for you. Anxiety is making motherhood a less pleasant, more fraught and pressured experience, and we do not have to accept joy-sapping worry and energy-draining overthinking as part of the motherhood job description.

In *Mind Over Mother*, Anna Mathur, psychotherapist and mum of three, explains how to: \* Understand anxiety, why it affects you and what to do about it \* Make your mind a kinder, calmer, happier place to be \* Transform your motherhood experience by addressing your thinking The most powerful tool Anna has to communicate this isn't the letters after her name, it is the fact that she is open about her own experience of maternal anxiety. By sharing her journey, she gives you the confidence to reframe yours. *Mind Over Mother* is full of light bulb moments of realisation. It will have you learning, laughing and loving yourself through the journey of motherhood. You will learn to address the most important conversation you'll ever have - the one inside your head, because investing in your mental health is the best gift you can offer yourself and your child.

### How to Wear a Crown

*How to wear a crown* is an easy to read guidebook that gives its reader digestible content and step by step instructions on how to increase one's sense of self-worth. This practical guide to knowing your worth will allow you to dive into the author's personal experiences with learning self-love and gaining unshakable self-worth. This witty but intelligent book will break down the intense process into 4 Rules: 1.) Speak to yourself like royalty 2.) Treat yourself like royalty 3.) Carry yourself like royalty 4) Honor yourself like royalty. Each category discusses multiple topics relating to the emotional growth and techniques necessary to drastically improve your self-worth and help you to feel like you deserve more and better things in your life. After reading this book, you will know how to polish your crown by using self talk to coach yourself through difficult situations and change your negative belief systems one at a time eliminating shame. You will know how to set healthy boundaries that protect your newfound self worth keeping your precious crown intact. Lastly, you will be equipped with the tools to make your crown shine brighter than you knew possible by teaching you how to fully embody your worthiness and continue to grow your worth as you evolve in life. This is not just a paperback book. This is not an average self-help book or motivational story. *How to wear a crown* is spiritual and inspirational guide. It is a transformational process. This paperback book contains an interactive experience that will assist you in structuring a new foundation in which the relationship you have with yourself will stand upon, thus allowing a solid and permanent self-worth to be birthed. This is not an old school cookie-cutter how-to guide. Read along as the author shares pieces of her personal journey as she built her own unshakable self-worth brick by brick, then walks you through the actionable steps necessary to build your own. Prepare for a journey, hand in hand with a life and spiritual coach. Rachel helps you create a pathway to healing your self-worth that is personal and unique to you by leaving space for you to empower yourself through decision making. Quotes from the Author: "If you read this book and can honestly say you didn't change your life for the better in some way, email me at [iamrockl555@gmail.com](mailto:iamrockl555@gmail.com) to return your book and get a full refund. But you won't do that. This book has prompts and interactions that you can do right in the book and a notes section in the back. It encourages you to highlight and write in it and make it your own and you'll want to get the full experience. When you get done it'll be one of those books that you keep forever and go back to time and time again at different phases of your life and you'll find something new and relevant each time. You'll want to keep it to remember your journey by or you'll want to give it to your mom or sister or someone you love to read too." "This isn't a paperback book, that's not what you're paying for. This is a tool that's going to help you heal yourself from the inside out. Deep down into your core." "I put my heart, mind, blood, sweat, and tears into this book. I literally funneled all the loving energy I could pull from the universe into this book and I believe in it. It's my story and my journey so I know this process works" "Writing this book was a divinely guided experience for me." Readers said: "it is an easy read and you feel like you're sitting on the couch with your best friend talking over coffee". "it's the first book I've sat down and read cover to cover in years!" "I couldn't put it down!" "I catch myself doing the things taught in this book, and they really help! I'm feeling so much better about life!" "Everybody in the world needs to read this book" "Men need this stuff too, we struggle with these same things it's not just for women" Note: \*I am Rock L provides a money back guarantee!\* So you can feel safe to purchase :)

### Worth It

What's the recipe to the ultimate disaster week? Three unruly friends. A wedding we shouldn't have been invited to. Two unexpected romances. A scoop of sexy. And a double scoop of chaos. Lydia is a good girl who is above revenge. Good thing she has us. No one cheats on our best friend and rides off into the sunset with his new bride. What was supposed to happen? Unleash hell like two badasses. It was a simple plan, but we failed to anticipate a few things. A rogue prosthetic, an accidental exorcism, and dominatrix strippers willing to take things way too far, just to name a few. What actually happened? As

usual, nothing went as planned, especially when two sexy distractions popped into the mix. We were there to avenge our friend, not to get entangled with two cocky, arrogant men, who don't like to hear the word no. I was sure we could resist. I mean, it was only a week, right? What could happen in a week? Not intrigued enough? There's totally a duck in this story. Ah yeah. Now we have your undivided attention. Enjoy our chaos. #WorthIt

### Saving Francesca

Francesca is at the beginning of her second term in Year Eleven at an all boy's school that has just started accepting girls. She still misses her old friends, and, to make things worse, her mother has had a breakdown and can barely move from her bed. But Francesca had not counted on the fierce loyalty of her new friends, or falling in love, or finding that it's within her power to bring her family back together. A memorable and much-loved Australian classic told with humour, compassion and joy, from Melina Marchetta, the internationally bestselling and multi-award-winning author of *Looking for Alibrandi*.

### My Journey, My Worth

Hey, rockstar! Are you struggling with your confidence? Do you feel no one truly knows you? Have you felt trapped behind a wall of shyness when you go out in public? If so, this book will help you take matters into your own hands! *My Journey, My Worth I am 100% Worthy* takes you on a journey of self-discovery, to help you bolster confidence and embrace your incredible worth. These pages will awaken the coolest, most confident you. Learn how to slay and finally feel like the star of your own show! This book dives into the stuff that matters: ¿Building a squad that celebrates your awesomeness, with friends that lift you up. ¿Kicking people-pleasing to the curb. ¿Embracing curves, quirks, and every part of the masterpiece you are. ¿Unlocking a fierce sense of self-worth. ¿Powering through turbulent times. ¿Turning embarrassments into opportunities to grow. ¿And more! Get the backstage pass to owning your worth now, with *My Journey, My Worth I Am 100% Worthy*. Start learning to embrace your uniqueness and live your best life like the superstar you are, today!

### A Life Worth Breathing

Promises to help readers reach their full potential through yoga, meditation and mindful breathing, in a book that includes exercises, anecdotes and analogies. Original.

### I'm Worth More

Anyone can look successful with the right watch on their wrist or car parked in the driveway - but what is real success, and how much are you really worth? In this fascinating, liberating book bestselling author and Rob Moore takes you back to basics and examines how to realise your real value - your self esteem, your ambitions, your reputation and your income. No longer will you doubt your self, make self-defeating comparisons or make assumptions about how others see you - instead you will maximise your opportunities and love yourself for who you really are. Rob will show you that no matter what you think you're worth, you're worth more.

### You Are Worth It

The youngest living Medal of Honor recipient delivers an unforgettable memoir that "will inspire every reader" (Jim Mattis) NATIONAL BESTSELLER | A Marine Commandant's Reading List selection On November 21, 2010, U.S. Marine Lance Corporal Kyle Carpenter was posted atop a building in violent Helmand Province, Afghanistan, when an enemy grenade skittered toward Kyle and fellow Marine Nick Eufrazio. Without hesitation, Kyle chose a path of selfless heroism that few can imagine. He jumped on the grenade, saving Nick but sacrificing his own body. Kyle Carpenter's heart flatlined three times while being evacuated off the battlefield in Afghanistan. Yet his spirit was unbroken. Severely wounded from head to toe, Kyle lost his right eye as well as most of his jaw. It would take dozens of surgeries and almost three years in and out of the hospital to reconstruct his body. From there, he began the process of rebuilding his life. What he has accomplished in the last nine years is extraordinary: he's come back a stronger, better, wiser person. In 2014, Kyle was awarded the nation's highest military decoration, the Medal of Honor, for his "singular act of courage" on that rooftop in Afghanistan, an action which had been reviewed exhaustively by the military. Kyle became the youngest living recipient of the award—and only the second living Marine so honored since Vietnam. Kyle's remarkable memoir reveals a central truth that will inspire every reader: Life is worth everything we've got. It is the story of how one man



became a so-called hero who willingly laid down his life for his brother-in-arms—and equally, it is a story of rebirth, of how Kyle battled back from the gravest challenge to forge a life of joyful purpose. *You Are Worth It* is a memoir about the war in Afghanistan and Kyle's heroics, and it is also a manual for living. Organized around the credos that have guided Kyle's life (from "Don't Hide Your Scars" to "Call Your Mom"), the book encourages us to become our best selves in the time we've been given on earth. Above all, it's about finding purpose, regardless of the hurdles that may block our way. Moving and unforgettable, *You Are Worth It* is an astonishing memoir from one of our most extraordinary young leaders.

### Knowing Your Worth

As a psychotherapist for 21 years, I've noticed one thing that many of my clients of all ages have in common. It is that they don't know their own value as a human being. The three areas this most often plays out in is how they see themselves, how they present themselves at work, and how they interact with others in their lives. This book looks at different aspects of all three areas. In addition to helping readers to recognize their worth, this book lists ideas in each section teaching how to know your worth and exercises to practice at the end of each section. When finished with this book, readers will know both how to recognize their own worth and make sure that others recognize it as well.

### Discover Your True Worth

It's time to Discover Your True Worth. Join Lindsay Roberts as she invites you to step into your God-given purpose and become all that He has called you to be. Before his death, Oral Roberts commissioned his daughter-in-law Lindsay with what he believed to be a mandate from God: Lindsay was called to help women discover who they are in Christ, establish them in their powerful identity in Him, and help them become the women God created them to be—women of true worth. Since that day, Lindsay has made it her mission to share that powerful message with women around the world. She believes that as women, we must discover who we are and what we're made of in order to move forward in all God wants us to become—in business, in the church, in our families, in our communities, and beyond. Within the pages of *Discover Your True Worth*, Lindsay will empower you to: Embrace God's grace to turn the pain of your past into the stepping stones of your future Welcome your God-given calling with confidence and courage Become a force for God and play a part in preparing His kingdom here on earth This book is for any woman who has ever feared, fallen, failed, prayed, hoped, loved, lost, been discouraged, risked a dream, or wondered if she matters. Are you ready to Discover Your True Worth? Praise for *Discover Your True Worth*: "I see the message in *Discover Your True Worth* as a similar handbook [to *Woman, Thou Art Loosed*], one that will guide women who are on the journey to becoming all that God created them to be and to making a difference in every facet of life and every sphere of influence." —Bishop T.D. Jakes, New York Times bestselling author "As a child of God, we must understand our worth. Lindsay encourages us to discover who we are, who we are made in the image of, and what our useful purpose is! So many of us, myself included, have struggled to find our place in the 'big scheme of things' because we get sidetracked by our failures and mistakes. We think there's no way God could use a broken vessel like me in His mighty work. That's what Lindsay shows us: His power is made perfect in our weakness, misfortunes, mistakes, and mishaps." —Miss Kay Robertson, matriarch of the Robertson family, author, speaker, flawed but favored

### Why Did You Stay?: The instant Sunday Times bestseller

'Fierce. Game-changing. Urgently necessary. Brilliant, brilliant and did I say brilliant?' EMMA THOMPSON 'Pacy, vivid, compelling and very, VERY funny ... it will help so many' MARIAN KEYES 'A fucking classic. Required reading for all women and men and I believe it's going to be the book of 2022' BRYONY GORDON 'Fuck, this is good. Every page feels important' LUCY VINE H4 Actor, writer and hopeless romantic Rebecca Humphries had often been called crazy by her boyfriend. But when paparazzi caught him kissing his *Strictly Come Dancing* partner, she realised the only crazy thing was believing she didn't deserve more. Forced into victimhood by the story, Rebecca chose to reclaim her power, posting her thoughts on social media, including advice for other women who might be experiencing what she realised she'd managed to escape: a toxic, oppressive relationship. A flood of support poured in, but amongst the well-wishes was a simple question with an infinitely complex answer: 'If he was so bad, why did you stay?' Empowering, unflinching and full of humour, this book takes that question and owns it. Using her relationship history, coming of age stories and experiences since the scandal during *Strictly*, Rebecca explores why good girls are drawn to darkness, whether pop

culture glamourises toxicity, when a relationship 'rough patch' becomes the start of a destructive cycle, if women are conditioned for co-dependency, and - ultimately - how to reframe disaster into something magical. 'The best [book] about relationships since Three Women' CAROLINE SANDERSON, THE BOOKSELLER 'So funny and heart-breaking. So stunningly written. For any woman who has been asked 'why did you stay?', Rebecca Humphries' book is a hilarious and brilliant read' SUSAN WOKOMA 'Very, very good' PANDORA SYKES 'A magical, magical book' GLAMOUR 'So thoughtful and moving and funny and sad and great, I love it so, so much. I resented having to put it down' DAISY BUCHANAN 'Her thought-provoking story should be required reading for anyone in a relationship' DAILY MIRROR 'A memoir every woman needs to read' RED MAGAZINE 'This book isn't an ice-cold revenge opus; it's a diary of self-discovery, a celebration of friendship, resilience and finding one's self-worth...is it worth the hype? Absolutely: I had to stop myself from reading it one grateful gulp' H2 LAURA PULLMAN, STYLE

### My System

My System is at the top of a very short list of chess classics. This edition uses a brand-new translation that recreates the author's original intentions. For the first time an English-speaking audience can appreciate the true nature of this famous chess book.

### Worth Dying For

'If anyone can put down Worth Dying For after the first few pages, then they shouldn't really be reading thrillers at all' Independent There's trouble in the deadly wilds of Nebraska . . . and Reacher walks right into it. He falls foul of the Duncans, a local clan that has terrified an entire country into submission. But it's the unsolved case of a missing eight-year-old girl that Reacher can't let go. Reacher - bruised and battered - should have just kept going. But for Reacher, that was impossible. What, in this fearful county, would be worth dying for? \_\_\_\_\_ Although the Jack Reacher novels can be read in any order, Worth Dying For follows on directly from the end of 61 Hours. And be sure not to miss Reacher's newest adventure, no.27, No Plan B! \*\*\*OUT NOW\*\*\*

### Discovering Your Worth

Within these pages, self-published author Kirsten McNeill takes you through her guide to bringing courage, happiness, and empowerment into your life. Geared towards women, but welcome to all, the author wishes for you to learn how to accept yourself as you are and add positivity to the world. With contributions of 31 people through honest interviews and powerful photos, get a glimpse of what happiness and self-love means to others. Kirsten considers Discovering Your Worth: Happiness Through Confidence a step-one guide to living your best life. Gain valuable pieces of advice to use in your daily lives to appreciate yourself and never apologize for searching for your happiness. With the help of fictional characters created to offer examples of improving positivity and welcoming the change that you desire, define who you are and share your worth with those around you.

You're Absolutely Worth It: Release Self-Doubt, Embrace Confidence, and Own Your Yes